

In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and body weight? (DGAC 2010)

Conclusion


The evidence for an association between increased fruit and vegetable intake and lower body weight is modest with a trend towards decreased weight gain over five or more years in middle adulthood. No conclusions can be drawn from the evidence on the efficacy of increased fruit and vegetable consumption in weight loss diets.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and body weight?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and selected health outcomes?](#)